



Nursing Home Without Walls is helping older persons live at home for longer!

Happy St. Patrick's Day from the Staff of NHHW River View Manor!

What are we going to learn about this month and next....Senior Safety – Physical and Online Security

NHHW along with the RCMP will be hosting 4 learning engagements on Senior Safety. These presentations will be held throughout the District of Carleton North, during the months of March and April.

(Details are to the right of this column)

When it comes to seniors' safety and security, there is a lot to know about. Our goal is to raise awareness of seniors' safety issues to improve your quality of life. The RCMP will be sharing information on general safety, such as keeping doors and windows locked, keeping house keys in a safe location, and other safety tips. As well, they will share information on how to keep safe from door-to-door, phone and online scams. They will talk about how to protect yourself when using the internet and the importance of how to use passwords to protect yourself from online scammers. You will learn all of this and more at our upcoming learning engagements, **'Senior Safety – Tips for Physical and Online Security'**.

SENIOR SAFETY
TIPS FOR PHYSICAL AND ONLINE SECURITY

March 17th - Juniper
April 3rd - Centreville
April 10th - Bath
April 23 - Stickney

The RCMP will be giving a FREE presentation on safety tips for people 60 and older. You are welcome to attend anyone of these presentations. Call for more info.

- ✓ Personal Safety
- ✓ Common Scams
- ✓ Ways to Protect Yourself
- ✓ Online Safety

CONTACT US
506-278-3197
rvmhww@nb.aibn.com

These are the dates, times and locations for the Senior Safety Learning Engagement sessions.

March 17th – Juniper Rec Center (Beside Ball Diamond) 1:30 to 3:00pm

April 3rd – Centreville Elks Club – 1:30 to 3:00pm

April 10th – Bath Knights of Columbus – 1:30 to 3:00pm

April 23rd – Stickney Community Center – 1:30 to 3:00pm

Service Club Giving Back!

NHWW was pleased to be invited to the Florenceville Kin Community Centre Heritage Dinner on Feb. 22nd. They served 100 people a delicious turkey dinner with all of the fixings, including dessert. What a way to give back to the community. Well done!!



NHWW staff are always happy to promote the program. NHWW is all about helping older persons stay in their homes for as long as they want/are able to do so. We are a FREE service for anyone

Reach out to us if you would like for us or if you want to know more about how persons to live at home for longer!



60+ years and love to how we can help. to talk to your group we are helping older



VOLUNTEER DRIVERS NEEDED

The NHWW program is seeking volunteers willing and certified to drive our seniors on the RVM Seniors In Motion bus, for our errand and grocery runs, as well as various activities and events. We'd like to build a group of volunteer bus drivers, so no one feels too heavily obligated.

Our drivers require a NB Driver's License, Class 4, 2 or 1, a driver's abstract, criminal records and vulnerable sector checks and a Social Development check. We'd be pleased to supply the necessary forms, directions, and information for anyone interested in keeping NHWW clients rolling.

We are looking for volunteers for other, as yet, unspecified tasks, and so is the River View Manor, for information and the necessary forms, please contact 506-278-3197.

Call: 506-278-3197

Email: rvmnhww@nb.aibn.com

02/08

COMMUNITY FOOD SMART UPDATE:

New adjustments have been made to our Community Food Smart small bag and bag delivery initiative.

Please read carefully.

Orders for small food bags, or large, need to be made by the 1st Tuesday of each month, no later than 3:00pm.

Home delivery will be available only to those who do not drive, or have no transportation.

Pick up at St. Leo's Church on the 2nd Tuesday of each month between 4-6:00pm. We will make every effort to find a convenient location where your bag can be picked up on the 2nd Wednesday of each month, if you are unable to make arrangements for pick up at the church.

As we move forward with this effort, we are seeking volunteers to help pack produce bags, on the 1st Tuesday of the month, after 3:45pm at St. Leo's Catholic Church in Florenceville.

We are also recruiting volunteer drivers to deliver bags to selected homes or other locations. These drivers will be required to have a criminal record and vulnerable sector check and a Social Development check provided to the River View Manor. Reach out to us for more information.

Question to Ponder...Will March 'Come in Like a Lion, Out Like a Lamb'?

Perhaps one of the most famous weather folklores, especially for the month of March. Have you ever wondered, where did it come from?

The majority of people who have lived in this part of Atlantic Canada, have most likely heard this saying, 'in like a lion, out like a lamb' or vice versa. If March's weather comes in like a lion it is a signal of stormy, unsettled weather while the lamb represents calm, nice weather.

'But where did the saying originate? There are various historical beliefs about how this folklore came to be. One, according to the Farmers Almanac, is in relation to an ancestral belief in balance. Meaning, if the weather at the start the month was bad, like a roaring lion, it would balance out with good weather, like a gentle lamb, to finish the month'.

The Farmers Almanac also states people believed bad spirits could affect our weather and were cautious with what they did and didn't do in certain situations.

Another belief, is of a biblical origin because Jesus arrived as the sacrificial lamb but will return as the Lion of Judah.

For others, 'the answer can be found in the stars. Not to be confused with the zodiac sign, but the Leo constellation which represents a lion, rises in March. The Aries zodiac sign from March 21 to April 19 also represents a ram.'

Perhaps, one of the more common questions....'Is there any truth to this folklore?'"

'Theres no science to deem this folklore fact or fiction, but there is no doubt that March is a month of transition. Its a month where winter still rears its head, but spring-like weather starts making more appearances.'

Regardless how March starts, we know that we are nearing the end of winter and spring is on its way! However, it is always fun to predict what the month of March might bring for weather.

<https://www.saltwire.com/atlantic-canada/in-like-a-lion-out-like-a-lamb-the-origin-of-marchs-famous-weather-folklore-100943954>



River View Manor

Our manor has lots of activities and various organizations that love to come visit, sing and speak to our residents. The public is always welcome to join us for any of these. Here are a few dates that we are excited to share with you. We would love to see you! The manor residents will be participating in **WINTER Carnival from March 17-21st**. If you visit during this week, expect to see lots of fun being had by everyone!

Church Services:

March 2nd and 30th Beechwood Baptist Church Service at 2pm

March 4th Catholic Mass at 10:30am

March 6th Holmesville Church at 2pm

Special Music:

March 1st, 8th, 22nd and the 29th singing by Maggie White at 2pm

March 14th and the 28th singing with Dwight Butterfield at 6pm

March 15th Rachelle & Family Singing at 3pm



Education: March 3rd is World Hearing Day

<https://www.who.int/campaigns/world-hearing-day/2025> / <https://www.nicenet.ca/articles/hearing-loss-and-older-adults>

“By 2030, over 500 million people are expected to have disabling hearing loss requiring rehabilitation.” That’s only 5 years away!!

Research says that about one-third of older adults experience hearing loss, and the likelihood of developing hearing loss, rises with age. Age-related hearing loss occurs gradually as we get older. It tends to affect both ears, equally. Because of the gradual loss, people may not notice the decline in their ability to hear.

Signs of hearing loss include difficulty in understanding what people are saying on the phone, struggling to follow conversations when there are two or more people talking. Another struggle, when there is a lot of background noise, such as a crowded space, tv or radio on. Some people struggle with higher pitch voices too.

How can we tell if we may be experiencing hearing loss? If you notice the tv or radio volume needs to be higher for you to hear, but it bothers others, may be a sign. Another one, is asking people to repeat what they are saying. If you struggle to hear when in a crowd, it may be time to have your hearing checked.

Hearing loss can be age-related changes in the middle ear and nerve pathways to the brain. Long-term exposure to loud noise over an extended period of time. Genetics and even health conditions such as hypertension and diabetes can be associated with hearing loss.

We all can take steps to ensure good hearing health throughout our life time, no matter what our age. Here are some suggestions on where we can start.

1. Talk about the importance of ear and hearing care as integral to overall health and well-being, reducing stigma associated with hearing loss. We need to include our ‘hearing’ health as part of our overall wellness conversation. Let your family and friends know that you are struggling with hearing loss. Ask people to face you when talking and ask them to repeat themselves if you are not able to hear what they are saying.
2. Regular hearing check-ups. Early detection is key. Talk to your primary caregiver.
3. Your doctor may refer you for hearing tests. A hearing specialist may suggest the use of hearing protection and use of hearing technology, There are several devices that can protect our hearing. As well, there has been several advances in technology that can assist us to improve our hearing.

Now is the time to empower yourself to make ear and hearing care a priority for yourself and your loved ones.



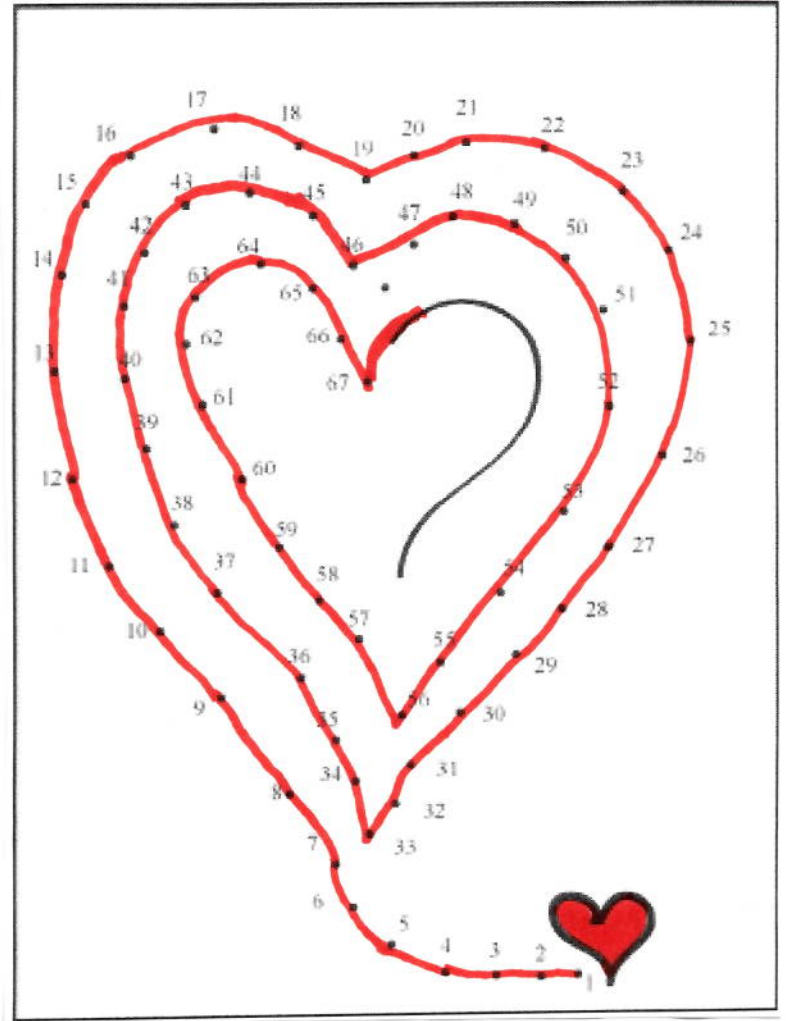
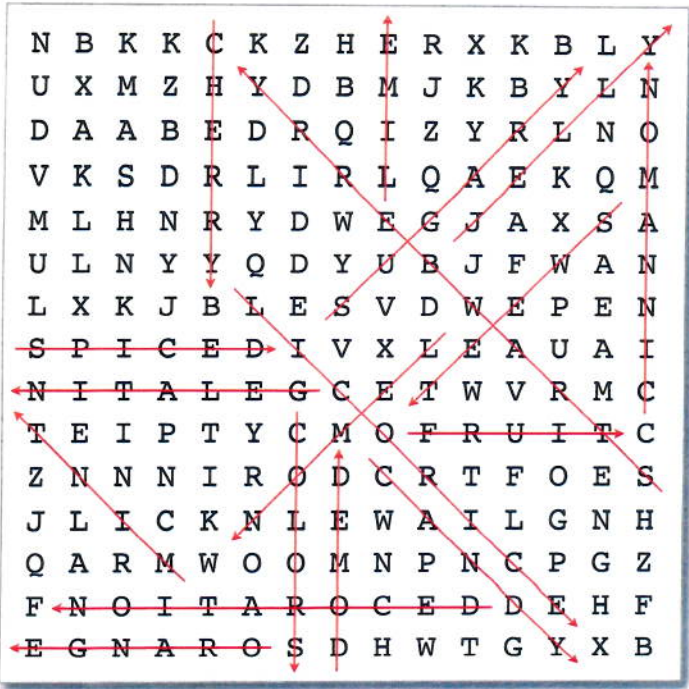
Call: 506-278-3197

Email: rvmnhww@nb.aibn.com

05/08

Goody Goody Gumdrops

(solution)



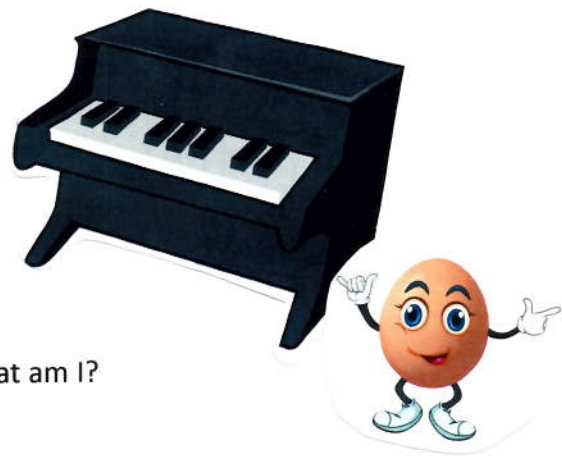
Riddles: Answers on page 7

What has to be broken before you can use it?

What goes up but never comes down?

I shave every day, but my beard stays the same. What am I?

What has keys but can't open a single lock?



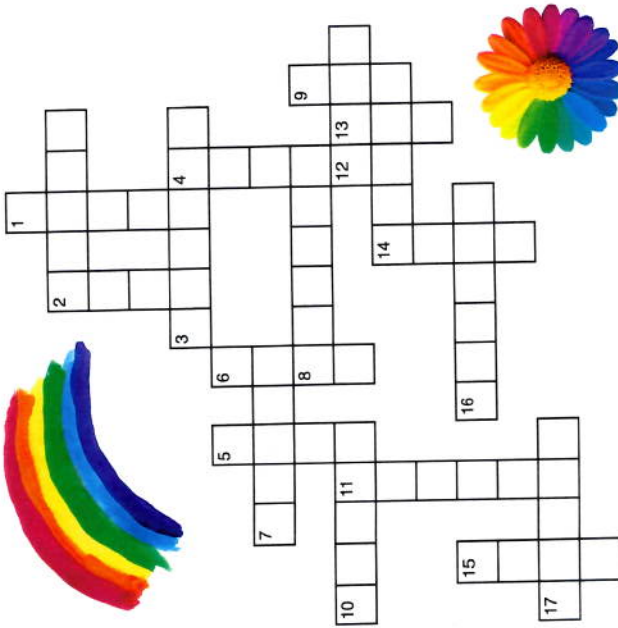
Word Games & Other Brain Engaging Activities

All Puzzles provided by <https://activityconnections.com>

Look for the answers to this month's word games and other activities in next month's newsletter

A Colorful Puzzle

Use the clues to fill in the crossword.

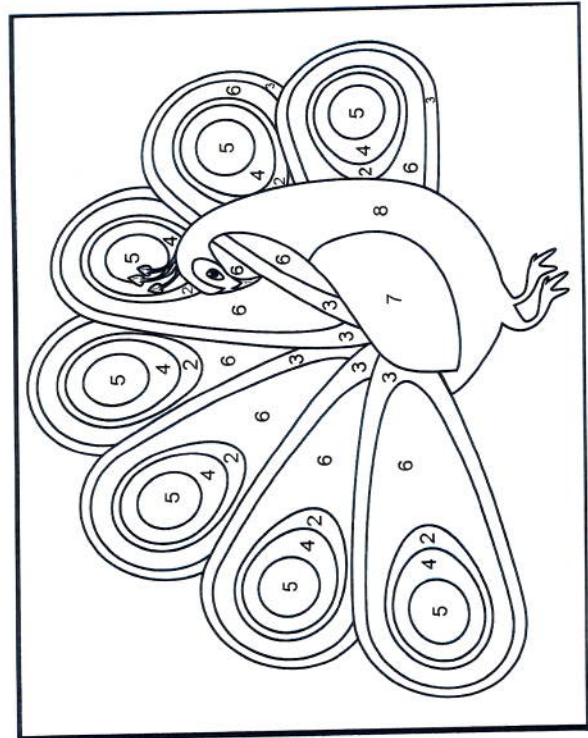


ACROSS

2. Chocolate color
3. Daffodil hue
7. Colorless
8. Brown shade
10. Extremely dark color
12. Neutral color
14. Color of money
16. Indigo or violet
17. Off-white

DOWN

1. Marine reef color
2. Color of the sky
4. Yellow mixed with red
5. Flamingo color
6. Blue-green
9. Beige
11. Penny color
13. Scarlet
14. Metallic yellow
15. Dark blue



- 1 = Dark Purple 2 = Light Turquoise 3 = Brown 4 = Turquoise 5 = Purple 6 = Gold
7 = Blue 8 = Dark Blue

Heads up on a few things that are being planned for April!



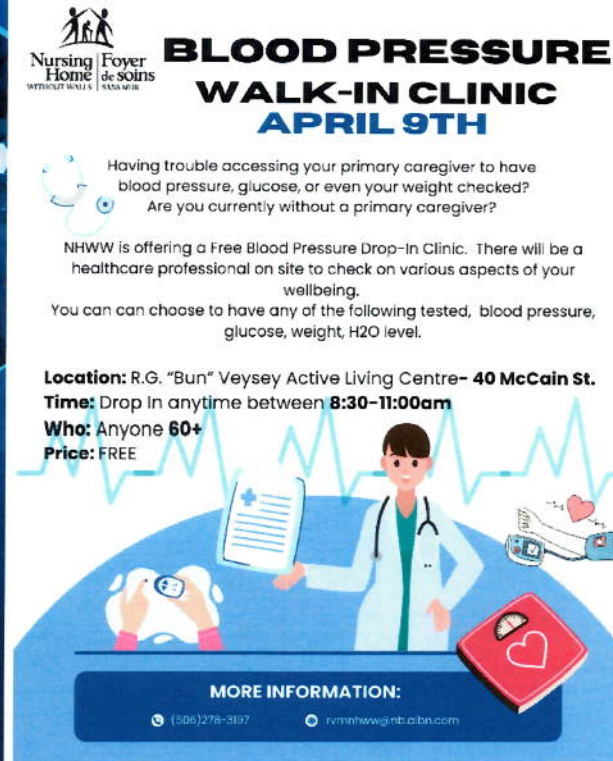
SENIOR SAFETY
TIPS FOR PHYSICAL AND ONLINE SECURITY

March 17th - Juniper
April 3rd - Centreville
April 10th - Bath
April 23 - Stickney

The RCMP will be giving a FREE presentation on safety tips for people 60 and older. You are welcome to attend anyone of these presentations. Call for more info.

- ✓ Personal Safety
- ✓ Common Scams
- ✓ Ways to Protect Yourself
- ✓ Online Safety

CONTACT US
506-278-3197
rvmnhww@nb.aibn.com



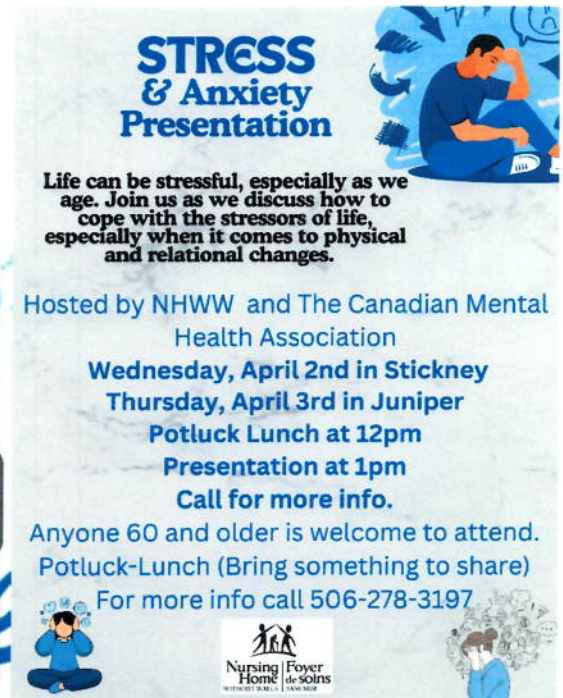
BLOOD PRESSURE WALK-IN CLINIC APRIL 9TH

Having trouble accessing your primary caregiver to have blood pressure, glucose, or even your weight checked? Are you currently without a primary caregiver?

NHWW is offering a Free Blood Pressure Drop-In Clinic. There will be a healthcare professional on site to check on various aspects of your wellbeing. You can choose to have any of the following tested, blood pressure, glucose, weight, H2O level.

Location: R.G. "Bun" Veyssey Active Living Centre- **40 McCain St.**
Time: Drop In anytime between **8:30-11:00am**
Who: Anyone **60+**
Price: FREE

MORE INFORMATION:
506)278-3197 rvmnhww@nb.aibn.com



STRESS & Anxiety Presentation

Life can be stressful, especially as we age. Join us as we discuss how to cope with the stressors of life, especially when it comes to physical and relational changes.

Hosted by NHWW and The Canadian Mental Health Association
Wednesday, April 2nd in Stickney
Thursday, April 3rd in Juniper
Potluck Lunch at 12pm
Presentation at 1pm
Call for more info.
Anyone 60 and older is welcome to attend.
Potluck-Lunch (Bring something to share)
For more info call 506-278-3197



& The Alzheimer Society

Will be hosting 4 FREE Monthly Presentations on Dementia

TIME: 4:30 to 5:30pm
Bring your supper if you wish!
Tea/Coffee provided

Feb. 27th - What is Dementia
Mar. 27th - Communication
Apr. 24th - Understanding Behaviours
May 29th - Taking Care of Your Brain

Family, Friends, Caregivers are all welcome to attend!

Location: The Florenceville-Bristol Community Hall
8696 Main Street (The Old High School)